

Grimes Parks & Recreation Department

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Grades K-2 Grimes Rec Basketball League Rules

1. Coaches are on the floor instructing and teaching with one on each end during the games. Coaches should bring whistles to call out of bounds, fouls, and violations. Everyone must be taught to freeze or stop on the first whistle.
2. Lowered 8-Foot Baskets and Women's Size 28.5 Basketballs are used. Each child will be given their own jersey to wear at all practices and games.
3. Half Court, Man to Man Defense Only, Stand across from each other to match up defensively before play starts.
4. Play defense with your feet - No reaching in. Players at this age can't take the ball away from the person dribbling. Can only block the shot or steal the pass.
5. Games- Warm-up for 10 minutes. (4) 10 minute quarters w 2 minute half-time. Sub every 5 minutes. Running Clock whole game. Time kept by supervisors or coaches on the clock.
6. No Double Teaming. Can teach help defense but must go back as soon as ball is stopped.
7. Everyone plays the same amount of time.
8. Shake hands after the game.
9. To start the game, one team takes the ball out of bounds at half court. The other team receives the ball at half time. Alternating possession on jump balls.
10. Use time-outs as need. Max of 3 per game. Sub at the end of the quarter.
11. No 3-point goals
12. No free throws are shot during the game. Ball is taken out of bounds.
13. The score will not be kept.

SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.